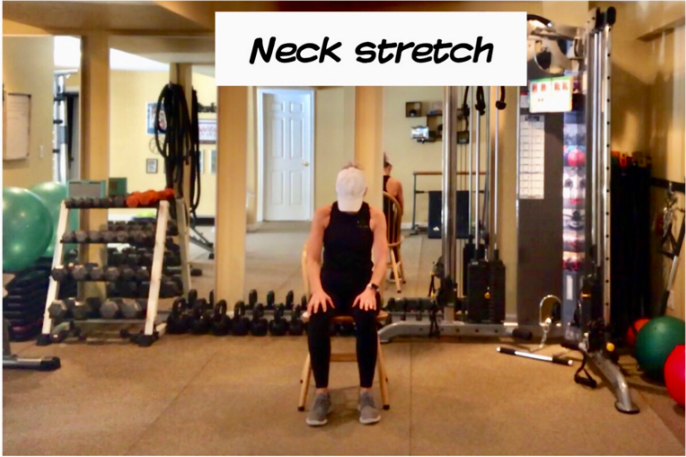


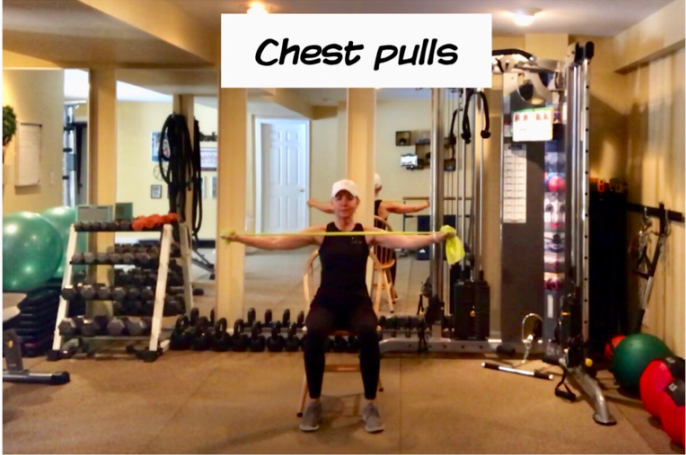
**Point and flex**



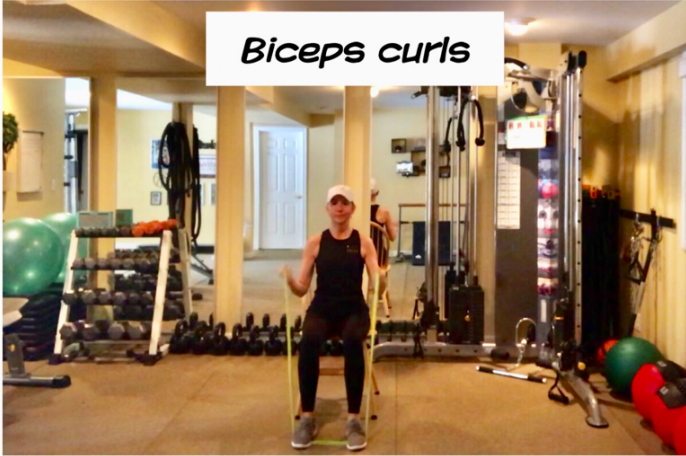
**Neck stretch**



**Quad stretch**



**Chest pulls**



**Biceps curls**



**Lat pull downs**